

130 Sacred Teachings of Ancient Egypt: A Summary of the Forbidden Esoteric Knowledge of  
Ancient Egypt

By

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## **Preface**

From a young age, I have been obsessed with discovering spiritual truths, but I officially embarked on this journey of discovery in 2014, when I hit rock bottom. After searching for truth for 10 years, I realized that all spiritual philosophies and practices come from Ancient Egypt. I, therefore, studied Ancient Egypt's spirituality and found several intriguing teachings, which I decided to share with you.

*N/B-You can always visit my blog. [www.unboundedwisdom.com](http://www.unboundedwisdom.com) for intriguing spiritual information.*

## Introduction

**“From old Egypt have come the fundamental esoteric and occult teachings which have so strongly influenced the philosophies of all races, nations and peoples, for several thousand years. Egypt, the home of the Pyramids and the Sphinx, was the birthplace of the Hidden Wisdom and Mystic Teachings. From her Secret Doctrine all nations have borrowed. India, Persia, Chaldea, Medea, China, Japan, Assyria, ancient Greece and Rome, and other ancient countries partook liberally at the feast of knowledge which the Hierophants and Masters of the Land of Isis so freely provided for those who came prepared to partake of the great store of Mystic and Occult Lore which the masterminds of that ancient land had gathered together”-The Kyabilion, The Three Initiates**

From time immemorial, Ancient Egypt has been seen as a magical land with powerful spiritual knowledge. Today, many seekers have realized that Ancient Egypt's esoteric knowledge was superior to that of other ancient societies across the world.

Many believe that Ancient Egyptians inherited their spiritual knowledge from Atlantis, and some Egyptologists claim that they received the knowledge from spiritual entities.

Ancient spiritual masters called Egypt 'the temple of the world', or 'the mirror of heaven' and they visited Egypt to be initiated into her Mysteries, lured by its spiritual prowess and the desire to attain true spiritual knowledge.

Ancient Egyptian teachings influenced the world's greatest philosophers, including Pythagoras and Plato, who visited Egypt to study its philosophy.

Egyptian spiritual philosophy was also adopted by secret societies, from the ancient to the modern era. The Rosicrucians, Freemasons, and the Illuminati incorporated ancient Egypt's rituals, incantations, and spells into their spiritual practices.

Religions such as Christianity, Hinduism, and Islam also borrowed several religious rituals and concepts from ancient Egypt.

Ancient Egyptian philosophy is, therefore, the father of all spirituality.

I became interested in it after realizing its great influence on religions, secret societies, occultists and philosophers. I then studied it, and as a result, I discovered the following teachings from this ancient magical land.

1. God is the creator of everything and he is THE ALL IN ALL. He exists in everything as he is existence. He is the father of beginnings, the King of Truth, and the Fathers of fathers and Mothers of mothers. God is life, everything lives through him.
2. God is kind towards those who worship him and he hears those who cry to him. God rewards those who serve him, protects those that follow his way by living in harmony with the natural order of the universe, respecting divine authority, and living a moral and divine life. God recognizes those who acknowledge him by respecting, revering him, honoring him, and acknowledging his existence. He protects the suffering from evil men.
3. God is the hidden spirit. No one including, the gods and men can fully know him. No one, including those who communicate with God, can neither conceive nor define Him. Those who are governed by time cannot define that which is beyond time. While in our earthly vessels, we can only get a glimpse of His perfection. We will only understand God in our life after death.
4. Every day, affirm your divine attributes and realize that God, not you, is the source of your success.
5. The surest path to enlightenment is embarking on a journey to discovering your true spiritual nature.
6. If a person becomes sick, a healer must offer treatment based on the knowledge that all physical changes are caused by a spiritual agent.
7. Learn to free yourself from the body through astral projection techniques if you want to understand the non-physical world.
8. Spiritually immature humans are obsessed with sensual pleasures or earthly concerns [domination, competition] while individuals growing spiritually are obsessed with unconditional love, accessing higher states of consciousness, self-discipline, intuition, experiencing oneness, etc.

9. Man is either greater or equal to spiritual entities because he is both spirit and flesh. Spiritual entities are confined to the heavens but man can reach the heavens and also navigate through the physical world.
10. Instead of relying solely on material wealth or possessions to attain worldly success, you must harness the imaginative faculties of your mind to manifest your goals and aspirations. In other words, transcend mere physical resources and tap into the limitless potential of your imagination to bring about positive change and fulfillment in your life.
11. Although man lives on earth, he is a divine being. He is one of the gods we worship but in physical form.
12. That which wills within you, is that which wills in the being of God.
13. It is impossible to be permanently happy while attached to a body. Earthly life is obviously difficult because the body limits the soul from fully expressing its powers.
14. You cannot attain godly power if you believe you are the body.
15. Man is made in the image and likeness of God. It is therefore, his duty to come to the realization that his consciousness is God's consciousness.
16. True knowledge of the nature of reality and self only occurs in the spiritual world. That is, you can only attain wisdom by rising into higher states of consciousness. When in these states, your third eye opens and you can attain oneness with the gods.
17. Human life is one with nature and spirit, and it participates in the realm of nature and spirit as a cocreator and that which transmits divine laws.
18. Our relationship with spiritual beings is an important element of spirituality. We maintain our bond with these beings through nature. This is why we should not destroy our environment.

19. The spiritual path has various stages. A seeker attains a psychological gift when they complete every stage.
20. You can only experience spiritual progress if you learn to control worldly desires.
21. We can establish a conscious relationship with the hidden forces of the universe through spiritual practice and study.
22. The spiritual journey we must undertake is that of becoming aware of our divine essence.
23. Man can develop his spiritual powers through reason, intuition, and willpower.
24. Man can be reborn in spirit while on earth by purifying himself from ignorance, grief, poor self-control, desire, injustice, greed, deceit, envy, treachery, anger, rashness, and malice. Being reborn enables man to communicate with God.
25. The path to salvation involves freeing the divine self from bodily restraints, gaining spiritual knowledge, dominating the lower nature, and awakening the higher-self.
26. We can perform rituals, breathing exercises, prayers, and rhythmic dances that allow us to free ourselves from the body and access a higher state of consciousness, where divine knowledge about the nature of reality flows into our minds.
27. If you want to reach higher states of consciousness, you must purify your mind, heart, and body. You purify your heart by embracing love and avoiding anger, guilt, hate, and other negative emotions. You purify the mind through wisdom and by avoiding negative thoughts. You purify the body through a vegetarian diet, exercising, and avoiding intoxicants.
28. Our world is both spiritual and physical.



29. We must use spiritual maturity [divine knowledge and power], rather than the material possessions to measure success.
30. God will manifest himself to you if you develop the ability to see with the eyes of the mind.
31. All creatures on earth react to the motion of the stars, making it possible for the stars to decree the destinies of men.
32. The mind of man is almost similar to God's mind. We can experience the mind of god by freeing our mind from the limitations of the body. This is done through celibacy and fasting.
33. Men are mortal gods and gods are immortal men.
34. Don't hold on to anger. When angered, focus on righteousness, and let the anger pass.
35. Man's goal is to remove everything that separates him from God. This goal is mainly achieved by knowing that we are one with everything, including God.
36. God's grace never fails and there is no end to his blessings.
37. God is the great musician who creates the beautiful harmony of the universe. Each person has their own unique rhythm, or "music," that they follow in life. But sometimes, if things don't feel right or go wrong, it's not the musician's fault. Instead, it is because our "instrument," or something within you isn't working properly. So, instead of blaming God/the musician, you should follow a noble path, and your life (music) will improve magically and others will be amazed by your glory. Therefore, follow a noble path and let God make your life perfect.
38. The gods watch over every individual from birth to death and in the afterlife.

39. Don't hurry on the journey towards spiritual enlightenment. Just embrace spiritual practices and pray. If enlightenment is to come, it will come in its own time.
40. A righteous life makes the gods and other humans happy while an unrighteous life is displeasing to the gods and other humans.
41. Destiny controls life, but through illumination we become free from it. God created destiny to control man's power and prevent him from being destructive.
42. Sound is divine and it has creative power. God used sound to create the world. In other words, the vibrations or frequencies of sound are integral to the creation and manifestation of the physical world.
43. Natural forces, such as wind and rain, have souls, making it possible to control them through your power by forcing or persuading them to follow your commands. This persuasion easily occurs if you communicate with them on a soul level.
44. Limiting bodily pleasures and reducing worldly desires makes you a superior human by enabling you to channel your thoughts and energies towards a single point or purpose, promoting a state of deep concentration essential for spiritual enlightenment.
45. Everything on the earthly realm is a mirror of what happens in the spiritual realm. Therefore, you can understand the spiritual realm by understanding the earthly realm.
46. Do not expect to rise to higher states of consciousness if you cannot control your emotions.
47. You can instantly change moods or a mental state because they are just vibrational states.
48. Spiritual beings can influence earthly events. They can cause wars, famine, rain, and civic unrest. They can also help the dead transition into a new life.

49. There is a god for every geographical area; gods of rivers, gods of lakes, gods of hills, etc.
50. Everything is a thought of God because the universe is an image in the mind of God.
51. We cannot see the goodness of God if we are obsessed with the pleasures of the body.
52. Man, through the development and expansion of his mental and spiritual abilities, can elevate himself to higher levels of existence, move closer to the infinite and transcend earthly limitations.
53. You can perform supernatural acts such as controlling the waves and sand if you learn how to work with the cosmic forces.
54. Some animals possess divine powers.
55. We must always be conscious of the transitory nature of physical things. We must know that physical reality is an illusion produced by an underlying permanent reality.
56. Every aspect of the universe, from its various functions and processes to its interconnectedness and powers, finds a reflection or representation within each individual human being. We are not separate entities but rather integral parts of the larger universe. Within each person lies the potential to express and embody the vast diversity and complexity of the universe itself.
57. God created magic so that it benefits mankind. Whoever learns magic can use it as he pleases. However, he must mainly use it to procure favour from the gods, and protect himself from sickness, death, and evil.
58. Nature is sound in physical form. Each living creature is solidified sound, which humans can then interpret and express through language.

59. Evil people will have a horrible after-life that will be put to an end by the loss of consciousness.
60. Limit meat and fish intake as they reinforce animal consciousness by heightening the awareness of your bodily existence and your connection to the physical self.
61. Spiritual truth should be hidden because the weak will become insane if they find it, and the wicked will use it as a weapon of destruction. Let truth speak through your work.
62. You can become divine by pursuing wisdom and embracing goodness.
63. If you discover your true spiritual nature, you'll reign over the mental and physical realm.
64. A realm of the dead exists alongside us. Several spiritual beings unknown to man, as well as the spirits of the dead, live in this realm. This realm is important to soul development as it causes enlightenment.
65. Some rituals can enable man to travel to the realm of the dead and confirm that life after death exists.
66. The failure to directly experience our true spiritual nature is the main cause of mental, emotional, and physical problems.
67. If you want to discover a certain god or goddess within you, you must become like them. Study their myths, learn their ways, and apply them in speech and action in your daily life. Meditate on their statues or images and always talk about them and you will master the energy they represent.
68. Our ancestors can guide and help us when invoked and they act as our link to the gods by asking them for what we want on our behalf.

69. As a spiritual aspirant, you need to understand that by incarnating on Earth, you have taken on a physical form and, in the process, have been fragmented by thoughts and actions driven by your ego. This means that your egoic tendencies—focusing on personal desires, fears, and the sense of separation—have caused you to lose touch with your true, unified nature. Recognizing this fragmentation is crucial for your spiritual journey, as it guides you towards transcending the ego, healing these inner divisions, and reconnecting with your higher self to achieve wholeness and spiritual fulfillment
70. You can acquire divine knowledge directly from the spiritual realm if you cultivate a higher state of consciousness.
71. To be enlightened means rising beyond time and space and attaining an in-depth understanding of spiritual realms. You attain this state through spiritual devotion.
72. Some spirits are eager to occupy human and animal bodies. These spirits can change men's character and can sometimes cause death.
73. Human life on earth is not the ultimate purpose or goal in itself. Instead, it is a part of the journey of the soul. It is a temporary state of transition and a means of achieving something beyond the physical realm. We should, therefore, look beyond the immediate concerns of daily life and contemplate the broader spiritual or metaphysical dimensions of our being.
74. The changes we witness every day, such as the sunrise and sunset, indicate that the creation of the world is always happening and it was not a one-off event.
75. Commitment to inner development is a necessary aspect of developing magical powers because the surface-self or ego cannot influence the gods.
76. Magic exists and it can make man more powerful than spiritual beings. Mastering magic makes man a god.
77. Nature spirits exist and humans can use magic spells and offerings to obtain their favour.

78. Evil spirits exist and men can use magical ceremonies and spells to protect themselves from them.
79. Anyone can perform magical rituals, but only the magic of the men who commit to study magic is powerful and effective.
80. Religious or magical rituals become more effective when the objects used, such as teeth and feathers, are fresh.
81. The gods can disclose powerful divine messages to those who fast from meat, and avoid sexual intercourse and wine for a while. A priest can know the will of the gods by purifying his mind or body through virtue.
82. The food you eat affects your spiritual growth. For instance, some foods such as eggs and meat excite the body, diminish reasoning ability, and prevent emotional calmness.
83. Humility or the ability to control the ego is a prerequisite to higher knowledge and union with the divine.
84. The spiritual world/the metaphysical or energetic realm is the real world. The physical world is a reflection of this world. The spiritual world is where we come from. It is our true home.
85. You can know God by controlling your passions and allowing destiny to lead by going with the flow of life.
86. Language has a sacred origin. The sounds and elements that make up language are believed to echo the divine creative power that was present at the beginning of creation. In other words, the very structure and essence of language reflect the primordial act of creation, resonating with the divine energy that brought the world into existence.
87. Sound was the initial disturbance that differentiated the undifferentiated, bringing form and structure to the cosmos.

88. Every human is a soul with the ability to create reality in the earthly illusion.
89. It is possible, through magic, to force spiritual beings to work for you and appear in visible form on your command.
90. Everything in nature communicates divinity. The rivers, oceans, stars, sun, stones, sand, animals, and plants can be conduits or channels for divine presence. Thus, we do not create gods and then place them into nature; rather, we recognize and understand the presence of divine forces within the natural environment.
91. Magical words work when uttered in the proper tone by an individual who has studied and practiced magic for a while.
92. We define happiness as the ability to enjoy progress and accept whatever life has offered. We also define it as the ability to attain inner peace regardless of what is happening and to prevent the lack of the things you desire from causing negative mental states.
93. Adore the sun and respect it because it symbolizes the life-giving aspect of God. As the sun gives life to nature, God gives life to the universe. As the sun's light nurtures all vegetation, God's light nurtures our souls.
94. Black cats are not evil. We can use them to ward off negative energy and keep evil spirits away. The goddess, Bastet, who we view as a cat, symbolizes protection.
95. Magicians can contact spiritual beings directly. So, we must rely on them to keep us in harmony with spiritual beings.
96. We must view ourselves as immortals who can transform into gods through spiritual practice.

97. You must be guided by truth, but you cannot know truth until you experience it.
98. You have everything you need to meet your divine destiny.
99. It is okay for a spiritual aspirant to become wealthy, but they should not be obsessed with wealth. The primary goal should be to attain God-hood.
100. There are two opposing forces within us. One force is symbolized by God Heru (Horus), who is characterized by protection, righteousness, justice, and healing. The other force is symbolized by God Set, who is characterized by disorder, chaos, destruction, confusion, evil, and anger. We should always know that Heru defeats Set. Neither of the forces is good nor evil; they represent the concept of duality. Set, although appears to be evil, his primary role is to challenge divine order since order only thrives when challenged. Carry him into battle by calling upon the spirit of violence and destruction.
101. Human beings can become powerful spiritual beings if they learn to access higher states of consciousness and vibration through virtue and wisdom.
102. To become one with God or get a glimpse of his nature, you must believe that everything is possible, and view yourself as immortal and knowledgeable. You must embrace all opposites, think yourself as an omnipresent being, and imagine yourself as unborn in the womb, as young and old, as a corpse, and in the world of the dead.
103. Although spiritual practice is important on the journey towards enlightenment, it's only by God's grace that we can become enlightened.
104. We must view illness as an entity and to defeat it, we should imagine that we have subdued it by tightening its arms behind its back.
105. If we are made in the image and likeness of God, then we should focus on realizing the God within.



106. Spiritual revelations can occur to anyone. You don't have to be special for you to receive God's divine messages.
107. Man can see into the ancient past and future by developing his clairvoyant gifts through spiritual practice.
108. God reveals his qualities through nature. Nature, is therefore, divine.
109. Thought-transference or telepathic influence is possible. It is possible for an individual who has mastered the mind to direct others through thoughts.
110. Magic is the life-force energy within all realities, the spiritual power that sustains all creation, and it is what enables the manifestation of the spiritual and physical worlds. It enables the transformation of the spiritual into physical realities since it links the earthly and heavenly realms.
111. To achieve material, social, or spiritual success, you must continuously tell yourself that you are capable of achieving them.
112. The spiritual worlds are dangerous to the spiritually immature who have not cultivated the art of magic. Magic is needed to overcome the dangers in these realms, particularly, the realm of the dead.
113. We must create statues of gods because they become filled with divine presence as we worship them. This practice is founded on the spiritual fact that all physical objects can become a channel for divine presence. We do not practice idolatry, what we practice is invocation since we perform sacred rites on a statue so that it becomes a physical expression for a particular divine being. The statue becomes a god that we worship after it acquires a spirit that dwells within it. As our souls descend to earth and become one with the body, the divine being invoked becomes one with the statue.
114. Man must use both his intuition and intellect. None is greater than the other. We should not over-rely on one mode of consciousness.

115. To grow spiritually, you must imitate God by knowing that nothing is against you because you are one with everything and by learning to respond with peace to life's difficulties.
116. The primary purpose of spirituality is to enable man to recognize his divinity.
117. Spiritual beings, commonly referred to as spirit guides or guardian angels, are the primary source of intuition.
118. Before doing something very important, you must consult the gods and wait for a response.
119. You and I and everybody else want to experience lasting peace, fulfilment, and happiness. It's wrong to believe that we can use material possessions to attain this goal. Material possessions only enable limited peace, fulfilment, and happiness. Spiritual evolution is the surest way to attain these goals.
120. The supreme God/THE ALL IN ALL expresses itself in lesser gods that function well in time and space.
121. You see the things or creatures around you as separate from each other because you are spiritually immature. If you grow spiritually, you'll see that everything is inter connected.
122. You should perceive everything happening to you as factors orchestrated by the divine within so that it dominates your life. You can discover this divinity through study, contemplation, and practice.
123. You can experience the divine boundless love through the expression of love by practicing selflessness and avoiding physical forms of love rooted in egoic needs and lust.

124. You can only gain higher wisdom and knowledge if you embrace religious devotion and righteousness. Without these factors your spiritual journey will only be theoretical.
125. An obsession with bodily pleasure is an enemy to enlightenment. An individual who is not willing to avoid bodily pleasure is not fit for spiritual instruction.
126. Righteousness purifies the mind and makes it sensitive to spiritual worlds.
127. We are all children of God and we must live in a manner that pleases Him.
128. Living righteously or virtuously enables us to earn favours from the heavens and come into harmony with the universe.
129. Humans hold a special place in the universe. We carry within ourselves a spark of the divine and we are a bridge between the spiritual and physical world.
130. Anyone seeking spiritual growth should go through a period of avoiding animal products. Foods like meat and dairy can dull psychic abilities and spiritual awareness because they are heavy and grounding. By not eating these foods during a fasting period, you can become more sensitive to psychic experiences, see beyond the ordinary, and gain deeper spiritual insights. Eating meat brings the animal's energy and instincts into your body, which can reinforce basic, animal-like behaviors. Dairy products, which come from mammals, can also carry subtle energies linked to nurturing and survival. These animal energies can keep people tied to lower states of consciousness focused on survival and primal instincts.